



family
action

Young Carers Support Service Rotherham

Does someone in your family need your help because they are disabled, living with a physical or mental illness or have a difficulty with alcohol or drugs?

Are you aged 18 or under and regularly help with:


- Dressing, washing, medication or moving around?
- Household tasks like cleaning, shopping, or cooking?
- Emotional support or do you worry about someone?

For information and support contact us:

 youngcarersrotherham@family-action.org.uk

 01709 224959

 **Young Carers Support Service Rotherham,**
Office 20, Bizspace Bradmarsh Business
Park, Bow Bridge Close,
Rotherham, S60 1BY



Since I talked to someone, mum is getting more support at home and I have time for school and my friends"

Personalised offer of support:

- Advice and guidance
- Young Carers Assessment
- One-to-one support
- Ambassadors Programme
- Peer support



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